

Grand Valley Health Plan

Health Education Services

Health Education Classes:

At Grand Valley Health Plan, we're not only concerned about getting you better when you're sick, we are committed to keeping you healthy, too. Because we value our members' "wellness," we offer several health education classes. All are designed to keep you in the best of health. These classes are offered exclusively for our members at minimal or no charge, and are taught by our professional staff of behavioral health counselors and registered dietitians. Some examples are:

- Stress Management
- Prepared Childbirth
- Healthy Heart
- Refresher Childbirth
- Intuitive Eating
- Breast Feeding

Helping You Help Yourself Handbook:

We provide our members with a comprehensive book entitled "Helping You Help Yourself." This book is designed to provide you with basic and practical health care information that explains how to treat health problems at home, when to call your Health Center and when to get immediate medical care. According to the Surgeon General of the United States, "You, the individual, can do more for your own health and well-being than any doctor, any hospital, any drugs, any exotic medical device." Our goal is to help you avoid unnecessary worry, gain confidence in dealing with simple medical problems and avoid the time lost by making unnecessary trips to the doctor. The "Helping You Help Yourself" handbook is available in Spanish and Vietnamese. Call the Grand Valley Health Plan Corporate Office at 949-2410 to get your copy, or ask for one the next time you visit your health center.